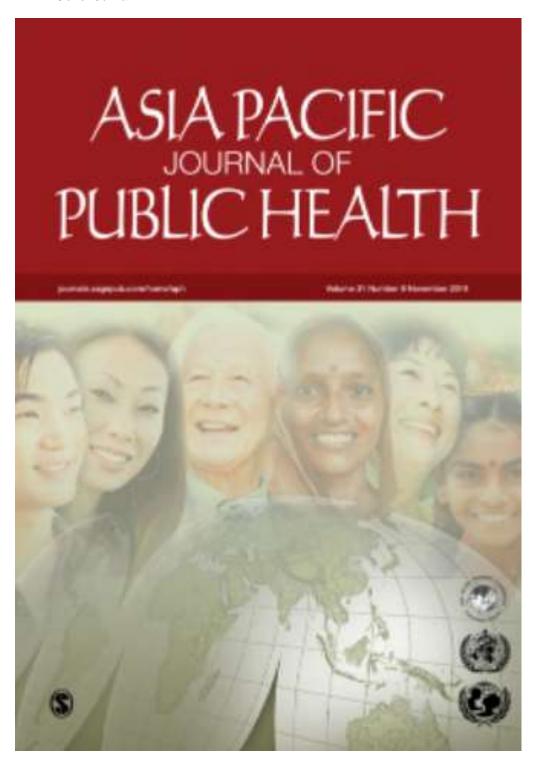
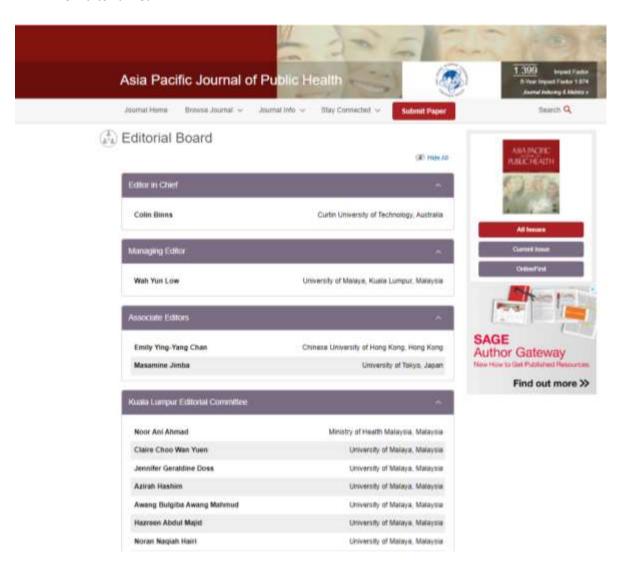
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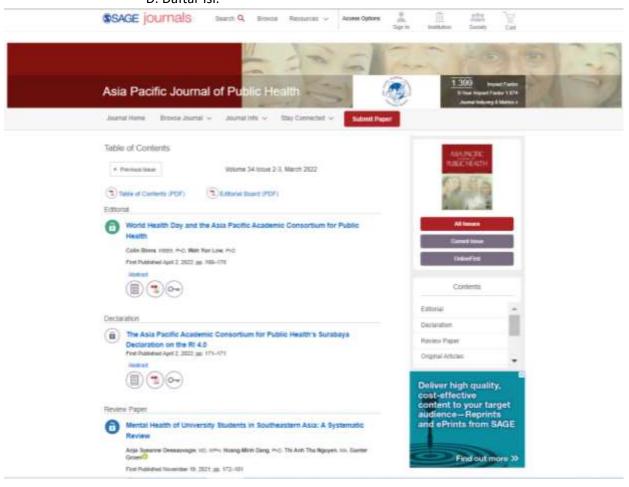
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Original Articles



Developing a Predictive Model for Plasmodium knowlesi-Susceptible Areas in Malaysia Using Geospatial Data and Artificial Neural Networks

Rozita Hod, PhD, Siti Aisah Mokhtar, DrPHD, Farrah Melissa Muharam, PhD, Ummi Kalthom Shamsudin, MPH, Jamal Hisham Hashim, PhD

First Published September 27, 2021; pp. 182-190

Abstract

> Preview







Correction

CORRIGENDUM to Developing a Predictive Model for Pla ...

Effectiveness of Infection Preventive Behaviors on COVID-19-Like Illness Symptoms During the Winter Third Wave of the Epidemic in Japan: A 2-Month Follow-up Nationwide Cohort Study

Shoichi Shimizu, Tomohiro Ishimaru (10), Masako Nagata, Ayako Hino, Seiichiro Tateishi, Mayumi Tsuji, Akira Ogami, Shinya Matsuda, Yoshihisa Fujino for the CORoNaWork Project

First Published December 12, 2021; pp. 191-198

Abstract

> Preview









Maternal and Neonatal Risk Factors Affecting the Occurrence of Neurodevelopmental Disorders: A Population-Based Nationwide Study

Seong Woo Kim, MD, Taemi Youk, MS, Jiyong Kim, MD, PhD

First Published December 21, 2021; pp. 199-205

Abstract

> Preview











Anemia Among Children Under 5 Years in India: A District-Level Spatial

Anemia Among Children Under 5 Years in India: A District-Level Spatial **Analysis Using NFHS-5 Data**

Amitha Puranik, PhDD, Shreya N, MSc First Published November 15, 2021; pp. 206-212

Abstract > Preview









Siow Li Lai, PhD Nai Peng Tey, PhD

First Published November 15, 2021; pp. 213-220

Abstract > Preview











Kinley Dorjee, BSc, Soundappan Kathirvel, MD⁽³⁾, Kathiresan Jeyashree, MD⁽³⁾, Thinley Dorji, MBBS ⁽⁵⁾, Tshering Choeda, BSc, Dorji Pelzom, MSc, Mongal Singh Gurung, BSc, Karma Tenzin, MD, Serki Wangmo, BSc, Tashi Penjor, MA

First Published October 25, 2021; pp. 221-229

Abstract > Preview









Pesticides Use and Impaired Lung Function Among Male Agricultural Farmers in Rural Sindh, Pakistan

Zahid Hyder Wadani, BSc, Msc¹⁰, Iqbal Azam, BSc, MSc, Muhammad Irfan, MBBS, FCPS, Zafar Fatmi, FCPS, PhD¹⁰

First Published December 15, 2021; pp. 230-235

Abstract



"The Menthol One Is More Friendly": Young Singaporeans' Perspectives on **Flavored Cigarettes**

Yvette van der Eijk, PhD[®], Lavinia Lin, MPH, Lydia Gan, BA, Odelia Teo, BA, Mythily Subramaniam, PhD, Jeong Kyu Lee, PhD

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Abstract > Preview









Short Reports



Adaptive Leadership and Independent Opinions: Lessons From the National **COVID-19 Immunisation Programme**

Awang Bulgiba, MPH, PhD

First Published December 15, 2021; pp. 244-246

Abstract > Preview









Tshokey Tshokey, PhD¹⁰, Chimi Lhamu, MPH, Pem Chuki, MD, Thinley Pelzang, MBBS, Karma Gyeltshen, MSc, Dorji Tshering, MBBS, Amber Gurung, MSc, Pelden Wangchuk, MPH, Phuntsho Norbu, MSc

First Published December 1, 2021; pp. 247-248

Abstract > Preview









Devaki Sathiaray, MBBS, MPM, Manveen Kaur, MBBS, MPM , Aili Hanim, MBBS, MPM, Chong Guan Ng, MPM, PhD, Ching Sin Siau, MA, PhD

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(a) Evaluation of Sputum-Culture Results for Tuberculosis Patients in the United States-Affiliated Pacific Islands

Smits Ghosh, DiPHO, Demick Fells, SE, J. Steve Kenenerer, NSA, Sarah Talarica, PhD, Richard Brostrom, NO, Angela Starks, PhD, Benjamin Silk, PhD

First Published December 7, 2021; pp. 258-261





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Sexual Intercourse Among Early Adolescents in Semarang, Central Java, Indonesia: Survey Using RDS

Gribasta Dian Perestroika. SST, Mrus[®], Yayi Suryo Prabandari, MSs, PhD, Siswanto Agus Wiliopo, MSs, No.

First Published October 25, 2821, pp. 262-265



The influence of Attitudes on the Perceived Effectiveness of the COVID-19 Vaccine in Malaysia

Won Sun Chen. IrSc. №0.9. Ching Sin Siau. №0. Suzanna Awang Bono. I/Five. №0. Wah Yun Low.

First Published December 12, 2021, pp. 264-299





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Hiroshi Murayama, MPH, PhD¹⁰, Ikuko Sugawara, PhD

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Abstract







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Daijo Shiratsuchi, Bso. Huuma Makizako, PhD, Shoma Akaida, BSc, Saki Shono, BSc, Ryuhei Shiiba, BSc, Yoshiaki Taniguchi, MSc, Kazutoshi Tomioka, MSc, Nana Sato, MSc, Ayumi Wada, MSc, Yuto Kiuchi, BSc, Mana Tateishi, BSc, Yuki Nakai, PhD

First Published October 25, 2021; pp. 286-289

Abstract







Change in Trust During the COVID-19 Pandemic in Korea: A Preliminary **Analysis**

Kyungmin Baek

First Published October 25, 2021; pp. 290-292

Abstract







Varying Cost Minimization and Cessation Motivations in Response to Excise Tax Reform in the Philippines: A Cross-Sectional Study Using the 2015 **Global Adult Tobacco Survey**

Kent Jason Go Cheng, MA[®], Rutcher Madera Lacaza, BS[®], Miguel Antonio Garcia Estrada, MA[®] First Published December 12, 2021; pp. 293-297







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Letter to the Editors



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Abstract







Mental Health During COVID-19: An Overview in Online Mass Media Indonesia

Sri Widati, PhD10, Amer Siddiq Amer Nordin, PhD First Published December 7, 2021; pp. 300-301









SpO2 Monitoring With the Home-Based COVID care Kit for Home Isolated **COVID Patients**

Ashwini Patekar, MBBS, Umesh Kawalkar, MDD, Dinesh Naitam, MDS

First Published November 15, 2021; pp. 302-303





An Epidemic of Mucormycosis Coinciding With the COVID-19 Pandemic in

ArunSundar MohanaSundaram, MPharm, PhD[©], Shanmugarajan Thukani Sathanantham, MPharm, PhD, Abhijit Kulkarni, MS, MCh, Shweta Kulkarni, DOMS, FCPS, Vijay Chinchole, MD, DPM, Bhushan Patil, MD, MPS, Ravichandiran Velayutham, MPharm, PhD

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First Published October 25, 2021; pp. 306-307







Patricia D. Simon, PhD¹⁰, John Jamir Benzon R. Aruta, PhD¹⁰

First Published October 25, 2021; pp. 308-309

Abstract



Another Fallout of COVID-19: Increase in Child Marriage

Mahika Rawat, Anuradha Sehrawat, PhD

First Published October 25, 2021; pp. 310-311





Postdefecation Cleansing in the Asian Population and the Spread of COVID-

Sathya Sailashinee Sivamuni, MFDS RCS(Ed), Wei Cheong Ngeow, PhD⁽¹⁾, Raymond Chung Wen Wong, PhD⁽¹⁾

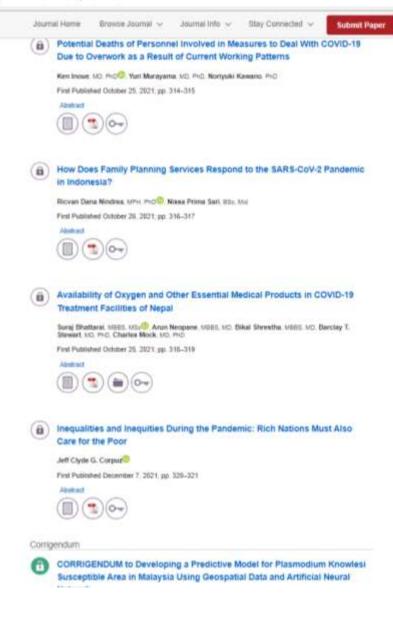
First Published October 25, 2021; pp. 312-313







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Letter to the Editor

Mental Health During COVID-19: An Overview in Online Mass Media Indonesia

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Sri Widati, PhD o and Amer Siddiq Amer Nordin, PhD 1,2

Dear Editor,

A silent, hidden pandemic lurks as the world grapples with the impact of COVID-19—the mental health pandemic of COVID-19. The latter is resultant of the impact of COVID-19 where lives lost, economies shattered, and people living in chronic and perpetual stress. The management of stress by individuals vary depending on their background and the community they live in, however, is not helped by the misinformation, uncertainty, fear, household problems, and divorce shappening during this period.²

We report a study exploring the mental health situation of the Indonesian people during this pandemic using news articles in the online mass media. News related to mental health was collected between April 2020 to May 2021 for a period of one year. A list of terminology was listed and articles were separated accordingly. Content analysis was employed. For the one year studied, we found 63 articles reporting on mental health, where 52 (82.5%) of these were on advice on maintenance of positive mental health. One article described the state of mental health of Indonesians during the pandemic among 5661 respondents from 31 provinces across Indonesia; a survey conducted by the Association of Indonesian Mental Medicine Specialists (PDSKJI). Thirty-two percent reported psychological problems, where 67.4% and 67.3% had symptoms of anxiety and depression, respectively. Those who reported feeling depressed, 48% had thought of suicide or wanting to harm themselves. Notably, most participants were under 30 years of age and 74.2% of participants reported symptoms of psychological trauma.³

COVID-19 news particularly affected those who already have a history of mental illness such as anxiety or obsessive compulsive disorders (OCDs).⁴ Moreover, people with symptoms of depression during the COVID-19 pandemic was reported at 35% which is 5 to 6 times higher than the incidence of depression in the general population (Indonesia Basic Health Research in 2018) and 2 to 3 times higher than the incidence of depression in other nonpandemic disasters.⁵ Many people were also affected by posttraumatic conditions as a result of both untimely deaths (relatives, friends, or both parents dying at the same time), or because there was no one to accompany them due to the COVID-19 isolation.

The majority of Indonesian online media had attempted to mitigate this negative situation by providing information and content to improve overall mental well-being. The media studied had attempted to educate the public about psychotic and nonpsychotic psychiatric disorders, provided tips on dealing with stress and mental health and, providing advice on how to talk to friends and families during this period. It was reported that through communication, in addition to the possibility of sharing our concerns with a trusted significant other, a closer relationship will ensue with that person.⁶ However, people still needed to filter what information they received to ensure that it is accurate, true, and balanced.

Our study reports on the mental health situation in Indonesia based on online news. The findings are concerning, and the government and professionals in Indonesia need to do more to assist in improving the situation better.

Author Note

Amer Siddiq Amer Nordin is now affiliated to Universiti Malaya Centre of Addiction Medicine (UMCAS), Universiti Malaya.

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Widati and Nordin 301

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